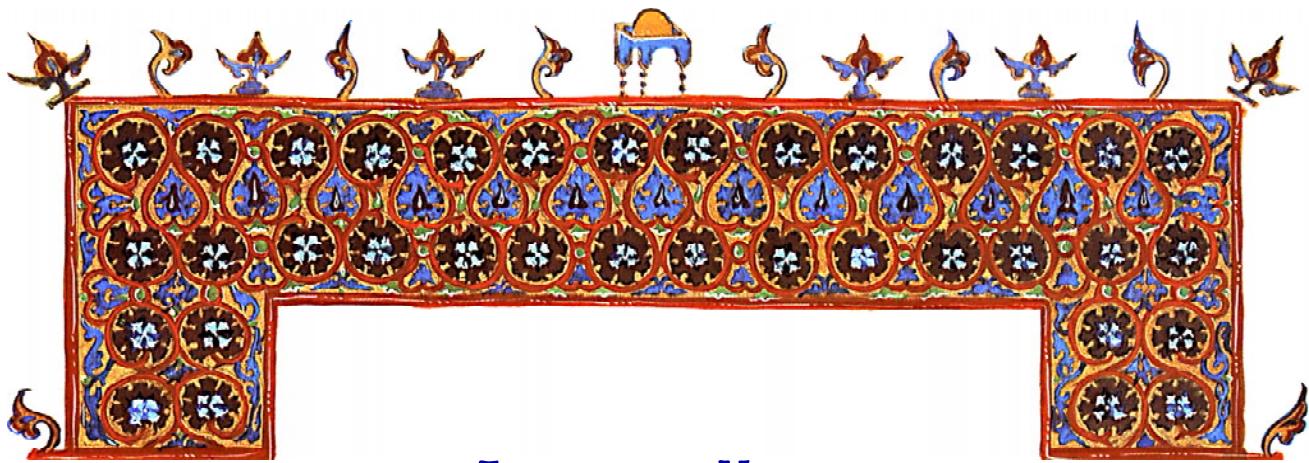




Additional Troparia





ΑTHONITE HYMN TO THE PANAGIA*

Grave Mode (Diatonic)
Triple Meter

adapted from oral tradition
as recorded by Hieromonk Hierotheos of Philotheou

Intonation: #22

Παναγία Δέσποινα

Moderato $\text{J}=120$

Under thy protection, O Panagia -

our Lady, do all thy servants un-wor-thi -

ly hast ten and en-treat thee, O most

* This paraliturgical hymn may be chanted during the distribution of the antidoron after liturgy. In some monasteries on the Holy Mountain, it is chanted after the procession back into church following the meal after a vigil on feast days of the Mother of God.

pure one. Has - ten to de - liv - er all of

us from ev - ery dan - ger and ne - ces - si - ty and

from a sud - den death, which de - stroy - eth ut - ter -

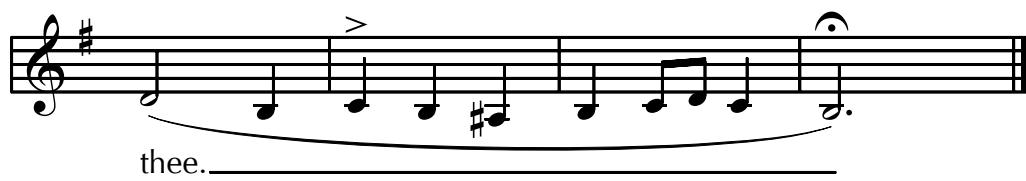
ly and fi - nal - ly. We know that thou art ca - pa -

ble to con - sum - mate all things that thou dost want to

do. La - dy of the u - ni - verse, the hope and

the pro - tec - tion of the world, O Maid - en full _ of

grace, come heark - en un - to us who pray - to





O PROTECTION OF CHRISTIANS

Kontakion

Second Mode

Intonation: #4

Allegro $\text{♩} = 150$

Προστασία τῶν Χριστιανῶν

O pro - tec - tion of Chris-tians that can - not be put to shame,
me - di - a - tion un - to the Cre - a - tor most con - - - -
stant: O de - spise not the sup - pli - ant voic - es of those who have
sinned; but be thou quick, O good one, to come un - to our aid,

who in faith cry un - to thee: Has - ten to in - ter -

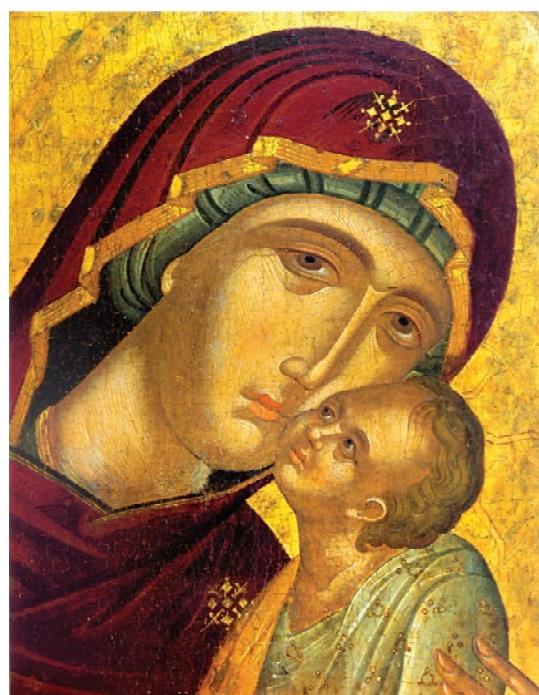
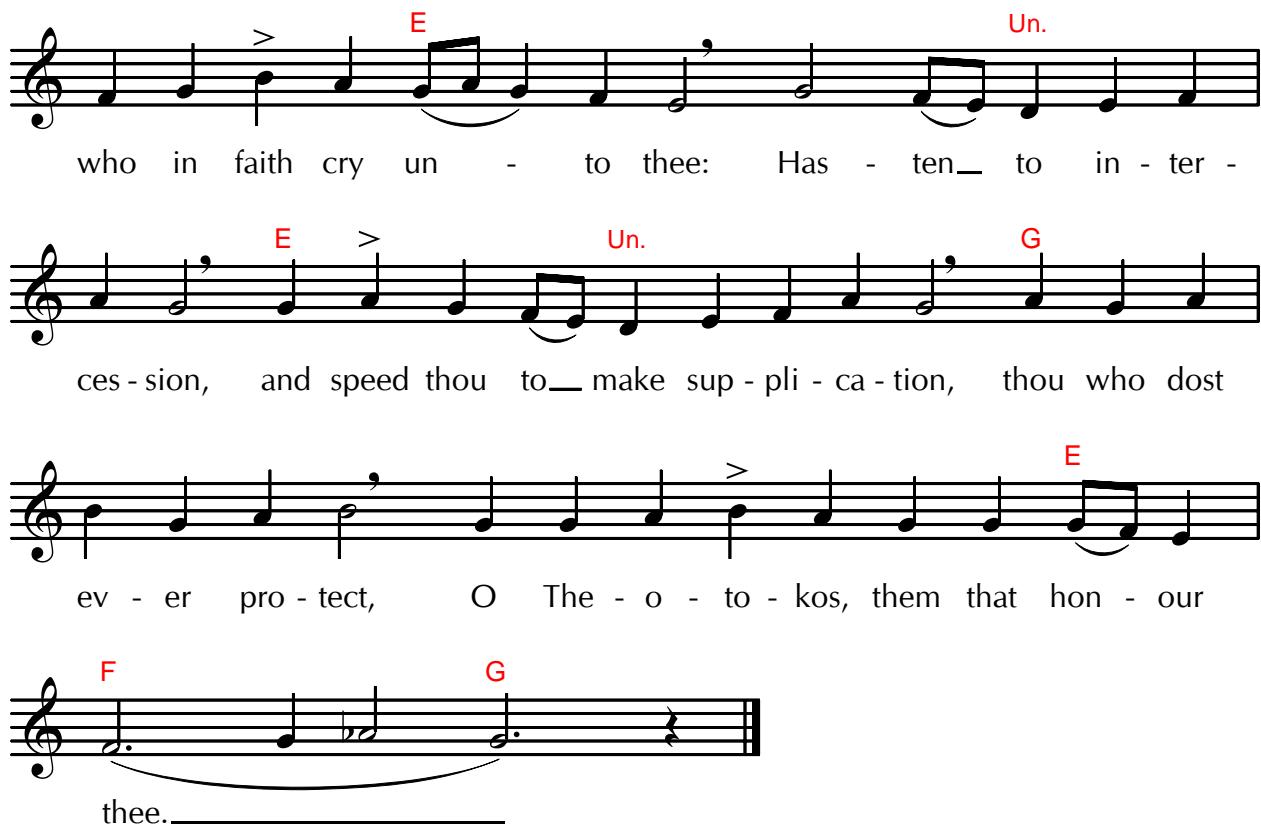
Un.

ces - sion, and speed thou to make sup - pli - ca - tion, thou who dost

ev - er pro - tect, O The - o - to - kos, them that hon - our

F G E

thee.





OFFICE OF SUPPLICATION FOR OUR ENVIRONMENT*

September 1

Apolytikion

Fourth Mode

Intonation: #10

Allegro $\text{♩} = 150$

Lord and Sav - iour, who as God brought all things in - to be - ing

by a word, es - tab - lish - ing laws and gov - ern - ing them un -

err - ing - ly to your glo - ry, at the prayers of the Moth - er of Thy

* Patriarch Demetrios of Constantinople made September 1st a day of special prayer for the Environment and commissioned the hymnographer Monk Gerasimos of the Holy Mountain to compose a special office for it. This service was translated by Archimandrite Efrem (Lash) and is available online at: <http://www.anastasis.org.uk/environm.htm>



 God, keep se - cure and un-harmed all the el - e - ments



 which hold the earth to - geth - er, and save the u - ni - verse.





THE CONSECRATION OF THE CHURCH OF THE HOLY RESURRECTION

September 13

Kontakion

Intonation: #8

Fourth Mode (modified)
"On this day Thou hast appeared"

Οὐρανὸς πολύφωτος

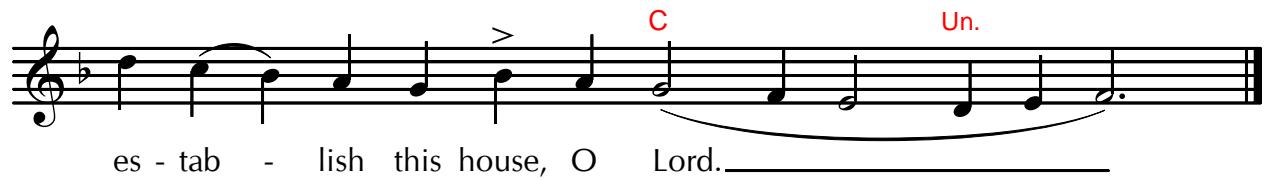
Allegro $\text{♩} = 150$

The Church is shown to be a many - light - ed

heav - - - en that doth shine a guid - ing

light up - on all them that do_ be - lieve; where - in while

stand - ing, we cry a - loud: Do Thou Thy - self now





Saint Theodore of Tarsus Archbishop of Canterbury

September 19

Apolytikion

First Mode

"*While Gabriel was saying*"

Intonation: #1

Allegro $\text{♩} = 150$

D

Son of Tar-sus like Paul and a teach-er of Pe-ter's

faith Eng-land did re-ceive thee with glad - ness to u -

nite— its di-vid-ed church. Thy words, O Ho - ly The - o -

dore,

brought peace, while bear-ing in thy heart the gift of God.

Thou pro-claim - est the true Per - son of Christ to all:

both God_ and Man, the world's Sav - iour. Glo - - ry to

Him_ Who did choose thee as His friend; Glo - - ry to Him

Who hath glo - ri - fied_ thee; Glo - - ry to Him Who through thy

prayers be - stow - eth His mer - - cy on us.





Saint Etheldreda* of Ely Queen and Abbess Protectress of Cambridge

October 17

Apolytikion

Intonation: #8

Third Mode
"Thy confession"

Allegro ♩=150

F C F

Let us praise—the vir - gin Eth - el - dre - da, flame of

C F >

faith—a - bove the church of E - ly, Moth - er Ab - bess,

D C

in - ter - ces - sor and pro - tec - tor for all. In her the

* Pronounced "Ef-ol-DREE-dah"

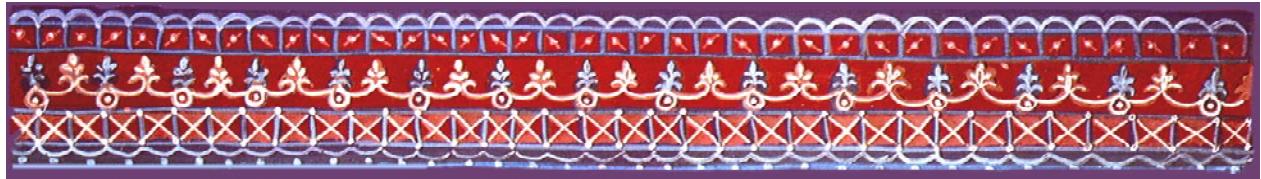
im - age of God__ was re - stored to shine, and she was

crowned with great glo - ry by our_ Sav - - iour_ Christ, ev - er

pray - ing in the Spir - - it be - fore the Fa - ther's throne that

His great mer - cy may be grant - ed un - - to__ us.





Saint Tabitha The Almsgiver

October 25

Apolytikion

First Mode

Intonation: #1

Allegro $\text{J}=150$

D

With the flow of the man - y - streamed riv - er of alms - giv - ing

thou didst wa - ter the dry earth of the need - y and

show - er alms on the wid - ows and poor; thou didst

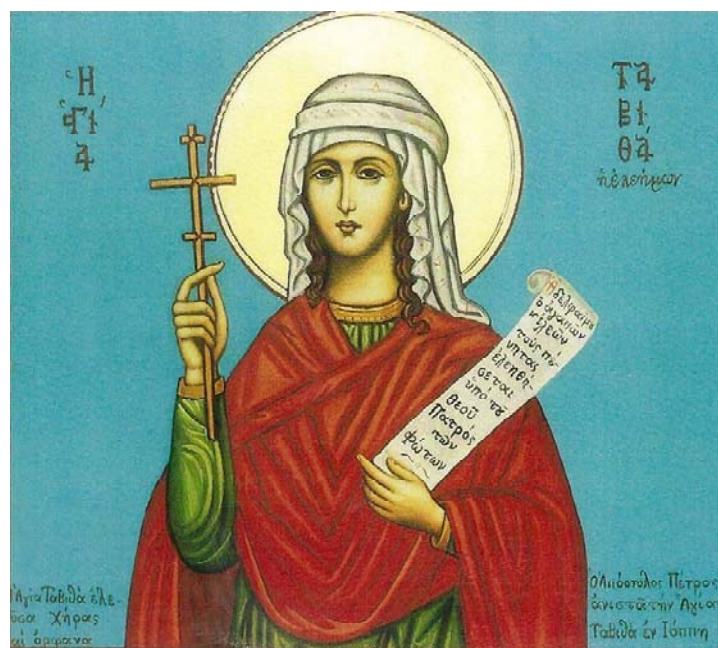
shine forth with the light of thy works and wast ra - di -

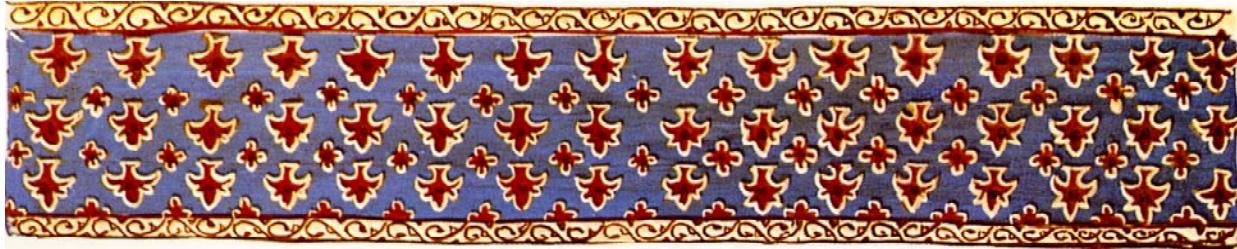
ant with grace, O Tab - i - tha. Glo - ry to Christ Who

lov - eth thee; glo - ry to Christ Who hath blessed -

thee; glo - ry to Christ Whom thou didst fol - low as a

true dis - ci - ple and a spot - less lamb.





ΑΠΟΛΥΤΙΚΙΟΝ ΟΤΗ RESURRECTION

First Mode

Allegro $\text{♩} = 160$

Τοῦ λίθου σφραγισθέντος

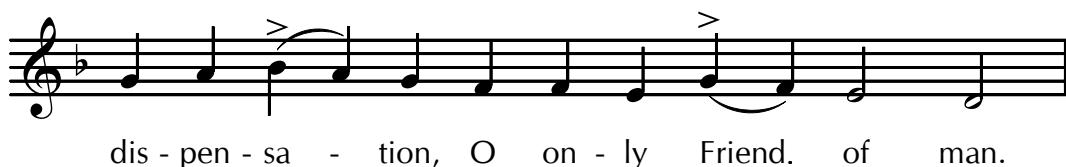
When the stone was sealed, by the Jews and the sol - diers were

guard - ing Thine im - mac - u - late bod - y, Thou didst a -

rise - on the third - day, O Sa - viour, grant - ing life un -

to the world. For which cause the pow - ers of heav - en cried

out to Thee, O Life - giv - er: Glo - ry to Thy res - ur -



Glory...

Δόξα Πατρί



Ho - ly Spir - it.

Both now...

Καὶ νῦν



ag - - - - es. A - men.

Resurrectional Theotokion

Τοῦ Γαβριήλ



While Ga - bri - el was say - - ing Re - joice to thee, O Vir - gin,



at his voice the Mas - ter of all - things took flesh with - in thy pure -



womb. He dwelt in thee - as His ho - ly ark as spake the



right-eous Da - vid in the psalms. Thou wast seen to be more spa - -



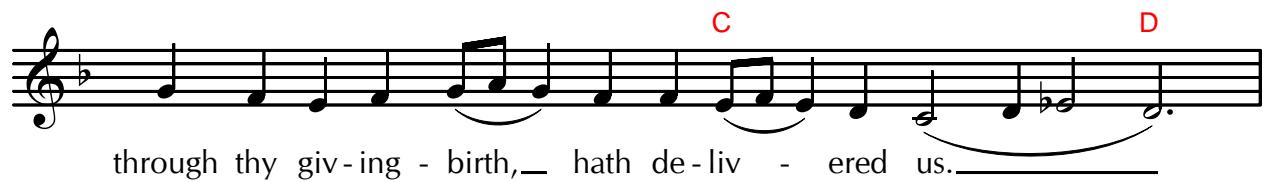
cious than all - the Heav - ens since thou didst bear - thy Cre - a -



tor. Glo - - ry to Him that willed to dwell in thee. Glo - -



ry to Him - that came forth from thee. Glo - - ry to Him that,



THE ANNUNCIATION

Resurrectional Hypakoe

'H τοῦ ληστοῦ

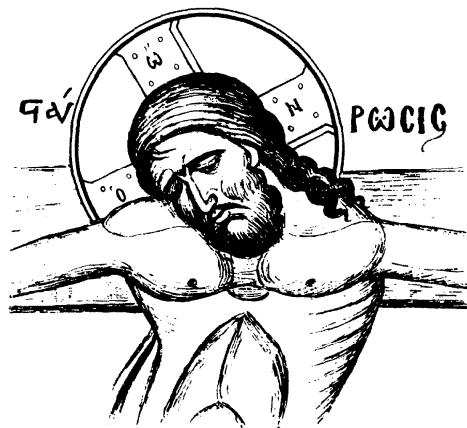
D

The re - pen - tance of the thief hath plun - dered Par - a - dise,

and the la - men - ta - tion of the myrrh - - bear - ers hath pro -

claimed_ joy; for Thou art ris - en, O Christ_ God,

grant - ing great mer - cy un - to the world._





A POLYTIKION OF THE RESURRECTION

Second Mode

Allegro $\text{♩} = 160$

"Οτε κατῆλθες

Un.

When Thou didst de - scend____ un - to death, O Life Im - mor -

E

tal, then didst Thou slay Ha - des with the light - ning of Thy Di -

G

vin - i - ty. And when Thou didst al - so raise the dead out

E

of the neth - er world, all the pow - ers of the_ heav-ens were

Un.

cry - ing out: O Giv - er of life, Christ our God, glo - ry



be _____ to Thee.

Glory...

Δόξα Πατρί



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly



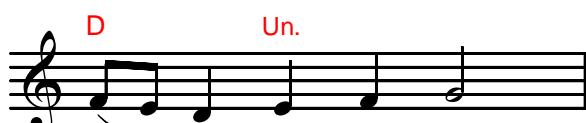
Spir - it.

Both now...

Καὶ νῦν



Both now and ev - er, and un - to the ag - es of



ag - es. A - men.

Resurrectional Theotokion

Πάντα ὑπὲρ ἔννοιαν

All thy mys - ter - ies are be - yond com - pre - hen - sion; all are

ex - ceed - ing - ly glo - ri - ous, O The - o - to - - - -

kos. Sealed with pu - ri - ty and pre-served by vir - gin - i -

ty, thou wast known to be a true moth - er, giv - ing birth un -

to the true— God. Do thou en - treat Him that our souls. be

saved.



Resurrectional Hypakoe

Μετὰ τὸ πάθος

Un. G >

Af - ter the Pas - sion, the wom - en came un - to the tomb

E > Un.

to a - noint Thy Bod - y, O Christ. God; they saw

>

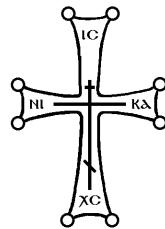
An - gels in the grave and stood in awe; for they heard their

G > Un. E >

voice, pro-claim-ing that the Lord is ris - en, grant - ing great

> Un.

mer - cy un - to the world.





A POLYTIKION OF THE RESURRECTION

Third Mode

Allegro ♩=160

Εὐφραινέσθω τὰ οὐράνια

A musical score for "Joy to the World" in G clef, common time, and B-flat key signature. The score consists of five staves of music with corresponding lyrics below each staff. Red letters C, F, and D are placed above specific notes across the staves to mark particular performance points or harmonic features.

Let the heav - ens re - joice, - and let things on earth be__

glad, for the Lord_ hath wrought might_ with His arm; He hath

tram - pled up - on____ death_ by____ death; He hath be -

come the first-born of the dead. From the bowels of Ha - des hath

He de-liv - ered us, and hath grant - ed great mer-cy to the world.

Glory...

Δόξα Πατρί

Glo - ry_ to the Fa - ther, and to the Son, and to the Ho - ly
Spir - - it.

Both now...

Καὶ νῦν

Both now and ev - er, and un - to the ag - - es of
ag - - es. A - men.

Resurrectional Theotokion

Σὲ τὴν μεσιτεύσασαν

We praise_ thee, the Me - di - a - tress for the sal - va - tion

of__ our race, O Vir - gin The - o - to - - kos; for in the

flesh_ tak - en from thee, thy Son__ and_ our God hath

deigned to__ en-dure the pas-sion through the Cross, and hath re -

deemed us from_ cor - rup - tion, since He__ is_ the Friend of

man._____

rit. C Un.

Sometimes singing in moderation
successfully relieves the temper. But sometimes,
if untimely and immoderate, it lends itself to the lure of pleasure.
Let us then appoint definite times for this, and so make good use of it.

-St. John of the Ladder

Resurrectional Hypakoe

'Εκπλήττων τῇ ὄράσει

F > C > F
Caus-ing a - ston - ish - ment by his ap - pear - ance and re -

D
fresh-ment by— his speech, the ra - diant An - gel said un - to the

C
myrrh - bear - ers: Why seek ye the Liv - ing One—

F > D
in the tomb? Ris - en is He— that hath_ emp -

C
tied the tombs. Know— Him as the im - mu - ta - ble Chang - er

F > D
of cor -rup - tion; say un - to God: How awe-some are Thy

C > F
works! For Thou hast saved the race— of man.



ΑΠΟΛΥΤΙΚΙΟΝ ΟΥ ΤΗΣ ΡΕΣΥΡΧΗΣ

Fourth Mode
(soft chromatic)

Allegro $\downarrow=160$

Τὸ φαιδρόν

A musical score for "Alleluia" in G major, featuring five staves of music with corresponding lyrics. The score includes red annotations: "Un." above the first staff, "G" above the second staff, "E" above the third staff, "D" above the fourth staff, and "Un." above the fifth staff. The lyrics are as follows:

Hav - ing learned the joy - ful proc - la - ma - tion of the Res - ur -
rec - tion from the an - - - - gel, and hav - - ing cast off
the an - ces - tral con-dem-na - - tion, the wom-en dis - ci - ples spake to
the A - pos-tles tri - um - phant-ly: Death is de - spoiled. and
Christ God is ris - en, grant - ing great mer-cy un - to__ the world.

Glory...

Δόξα Πατρί



Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly



Spir - it.

Both now...

Καὶ νῦν



Both now and ev - er, and un - to the ag - es of ag - es.



A - men.

Resurrectional Theotokion

Τὸ ἀπ' αἰώνος



The mys - ter - y hid - den from e - ter - ni - ty and un - known.

to__ the an - gels is made man - i - fest through thee, O The - o - to - kos,

to those__ on earth. God be - came in - car - nate in an un -

min-gled un - ion and for our sake hath sub - mit - ted will - ing -

ly to the Cross, where - by He hath raised up the first - fash - ioned

man and hath saved our souls. from death..

Let the word of Christ dwell
in you richly in all wisdom; teaching
and admonishing one another in psalms and hymns
and spiritual songs, singing with grace
in your hearts to the Lord.

Resurrectional Hypakoe

Τὰ τῆς σῆς παραδόξου

The myrrh-bear - ing wom - en ran forth and de - clared to the A -

pos - tles the tid - ings of Thy won-drous a - ris - ing, O Christ; for

Thou as God art ris - en, grant - ing great mer - cy un -

to the world.





A POLYTIKION OF THE RESURRECTION

Plagal First Mode

Allegro ♩=160

Τὸν συνάναρχον Λόγον

A musical score for "Jesus Shall Reign" in treble clef, four staves long. The lyrics are as follows:

Let us worship the Word, Who is unique and infinite
with the Father and the Spirit, and from a virgin was born
for our salvation, O believers, and let us sing His praise.
For in His goodness He was pleased to ascend the Cross
in the flesh, and to undergo death,

Red letterheads are placed above specific notes:
A above the first note of the first staff.
G above the first note of the second staff.
A above the first note of the fourth staff.

and to raise up those who had died, by His glo - ri - ous
Res - ur - rec - - - tion.

Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and. to the Ho - ly
Spir - it.

Both now...

Καὶ νῦν

Both now and ev - er, and un - to the ag - es of
ag - es. A - men.

Resurrectional Theotokion

Χαῖρε πύλη Κυρίου

A musical score for a hymn tune. The music is in common time, treble clef, and consists of six staves of music. The lyrics are written below each staff. Red letters above the notes indicate specific pitch points: 'A' at the beginning of the first staff, 'G' at the beginning of the second staff, 'A' at the beginning of the third staff, 'G' at the beginning of the fourth staff, 'A' at the beginning of the fifth staff, and 'Un.' (Unten) at the beginning of the sixth staff. The lyrics are as follows:

 O im - pass - a - ble gate of the Lord, do thou re - joice. Re -

 joice, O ram - part and shel - ter for them that has - ten to

 thee. Tran - quil ha - ven and pure Maid - en who didst not know man

 and who bar - est in the flesh thy Cre - a - tor and thy God, re -

 joice; and cease not to pray Him, mak - ing en - trea - ty for

 them that wor - ship and praise_ Him.____ that was born of

 thee._____

Resurrectional Hypakoe

'Αγγελική όράσει

A - ston-ished in mind__ at the vi - sion of the An -

gel, and en - light-en ed in soul by__ Thy di - vine a - ris -

ing, the myrrh-bear - ers pro-claimed the good tid - ings un - to the A -

pos - tles: Pro-claim a - mong the na - tions the Res - ur -

rec - tion of the Lord, Who work - eth with you in won -

ders, and grant - eth us great mer - cy.



ΑΠΟΛΥΤΙΚΙΟΝ ΟΦ ΤΗΕ ΡΕΣΥΡΕΚΤΙΟΝ

Plagal Second Mode

Allegro L=150

Αγγελικαὶ Δυνάμεις

When the an - gel - ic pow - - ers were at Thy tomb, then

they that guard-ed Thee be-came as dead. And Ma - ry stood be - side

the grave - seek - ing Thine im - mac - u - - late bod - y. Thou hast

de - spoiled. Ha - des and wast not tried there - by.

Thou didst meet the Vir - - gin and didst grant life to us.

O Thou Who art ris - en from - the dead, Lord, glo - ry
be to Thee.

Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and to the Ho -
ly Spir - it.

Both now...

Καὶ νῦν

Both now and ev - er, and un - to the ag - es of ag -
es. A - men.

Resurrectional Theotokion

'Ο τὴν εὐλογημένην

Thou, Who didst call Thy Moth - er bless - ed, cam - est of Thine
 own free will un - to the pas-sion, shin - ing forth up - on the
 Cross, wish - ing to seek____ out Ad - am, and say - ing un -
 to____ the an - gels: Re - joice with Me, for the drach - ma
 that was lost is found. Thou Who hast wise - ly or - dered all____
 things, glo - ry be_ to Thee._____

Resurrectional Hypakoe

Τῷ ἐκουσίῳ καὶ ζωοποιῷ

The musical score consists of five staves of music in common time, each with a treble clef. The lyrics are written below the staves, corresponding to the musical phrases. Red letters above the notes indicate specific performance techniques: 'Un.' (Unterlinie) for underlined notes, 'G' (Gesang) for sustained notes, 'E' (Erlösung) for release points, and 'Un.' (Unterlinie) for underlined notes again.

By Thy vol - un - tar - y and life - cre - at - ing death, O Christ,

Thou, as God, hast bro - ken the gates of Ha - des

and hast o - pened the an - cient Par - a - dise to us. And a -

ris - - - - ing from the dead, Thou hast de - liv - ered our

life from cor - rup - tion.





ΑΠΟΛΥΤΙΚΙΟΝ ΟΤΗ ΡΕΣΥΡΕΚΤΙΟΝ

Grave Mode

Allegro $\text{♩} = 160$

Κατέλυσας τῷ σταυρῷ σου

F > > C

By Thy Cross Thou didst a - bol - ish death; to the thief Thou didst

F D C

o - pen Par - a - dise; Thou didst trans - form the myrrh - bear - ers'

> > F

Iam - en - ta - tion, and didst or - der Thine A - pos - tles to

G > C

preach that Thou art ris - en, O Christ our__ God,

F > C > F

be - stow - ing great mer - cy up - on__ the__ world.

Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and to the Ho - ly
Spir - it.

Both now...

Καὶ νῦν

Both now and ev - er, and un - to the ag - es of
ag - es. A - men.

Resurrectional Theotokion

Ως τῆς ἡμῶν ἀναστάσεως

As the treas - ur - y of our sal - va - tion, O all-hymned one,

do thou lead up from the pit and a - byss_ of_ of - fen - ces

F C

them that hope in thee; for them_ that were li - a - ble_ be -

Un.

cause of sin hast thou saved by giv - ing birth_ to Sal - va -

C

tion, O thou_ who be - fore_ child - birth wast vir -

gin, and in child-birth wast vir - gin, and af - ter child -

Un.

birth a - gain re - main - est vir - gin.



Resurrectional Hypakoe

'Ο ήμετέραν μορφήν

F C

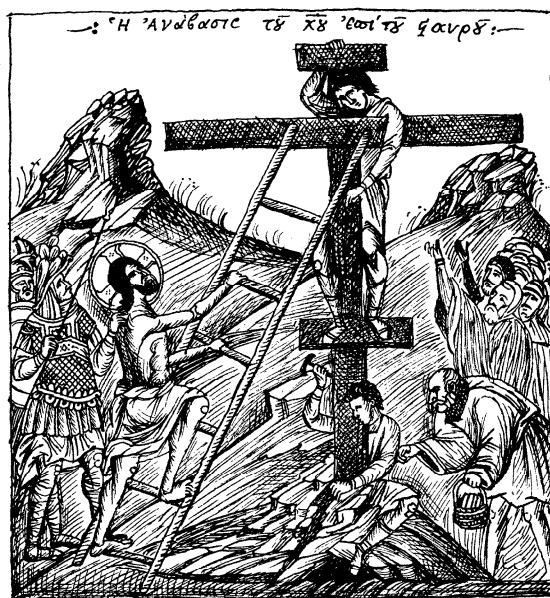
Thou Who didst take_ on our form and didst bod - i - ly en -

F > C >

dure the Cross, save me by Thy Res - ur - rec - tion, O Christ

F >

God, since Thou_ art the Friend_ of____ man.





ΑΠΟΛΥΤΙΚΙΟΝ ΟΤΗ ΡΕΣΥΡΕΚΤΙΩΝ

Plagal Fourth Mode

Allegro $\text{♩} = 160$

Ἐξ ὑψους κατῆλθες

F > D Un. F

From the heights didst Thou come down, O Com-pas - sion-ate One.

> D Un. F D

And Thou didst sub - mit to three - day bur - i - al that

C > G

from the pas - sions_ Thou might de - liv - er us. O our

> C Un. F

Life_ and Res - ur - rec - tion, O Lord, glo - ry__ be__

to__ Thee.

Glory...

Δόξα Πατρί

Glo - ry to the Fa - ther, and to the Son, and to the Ho -
ly Spir - it.

Both now...

Καὶ νῦν

Both now and ev - er, and un - to the ag - es of ag -
es. A - men.

Resurrectional Theotokion

'Ο δι' ἡμᾶς γεννηθείς

O Thou Who for our sakes wast born of _____ a_____ Virgin,

and didst suf - fer cru - ci - fix - ion, O Good One, and

didst de - spoil_ death by death, and as God, didst re - veal the

Res - ur - rec - tion: Dis - dain them not which Thou hast fash -

ioned_ with_ Thy_ hand; show us Thy love_ for man -

kind, O Mer - ci - ful One; ac - cept the The - o - to - kos that

gave Thee birth, who in - ter - ced - eth for us; and do Thou, our

Sav - iour, save_ a de - spair - ing peo - ple.

Resurrectional Hypakoe

Αἱ μυροφόροι τοῦ Ζωοδότου

F C

Stand-ing at the tomb of the Life - - giv - er, the myrrh - -

Un. F

bear - ers sought the im - mor - tal Mas - ter a - - mong -

C

the dead; and re - ceiv - ing the good tid - - ings of

Un.

joy from the An - - gel, they an-nounced to the A - -

C

pos - tles that the Lord is ris - - en, grant - ing great

Un. F

mer - cy un - - to - - the world.